

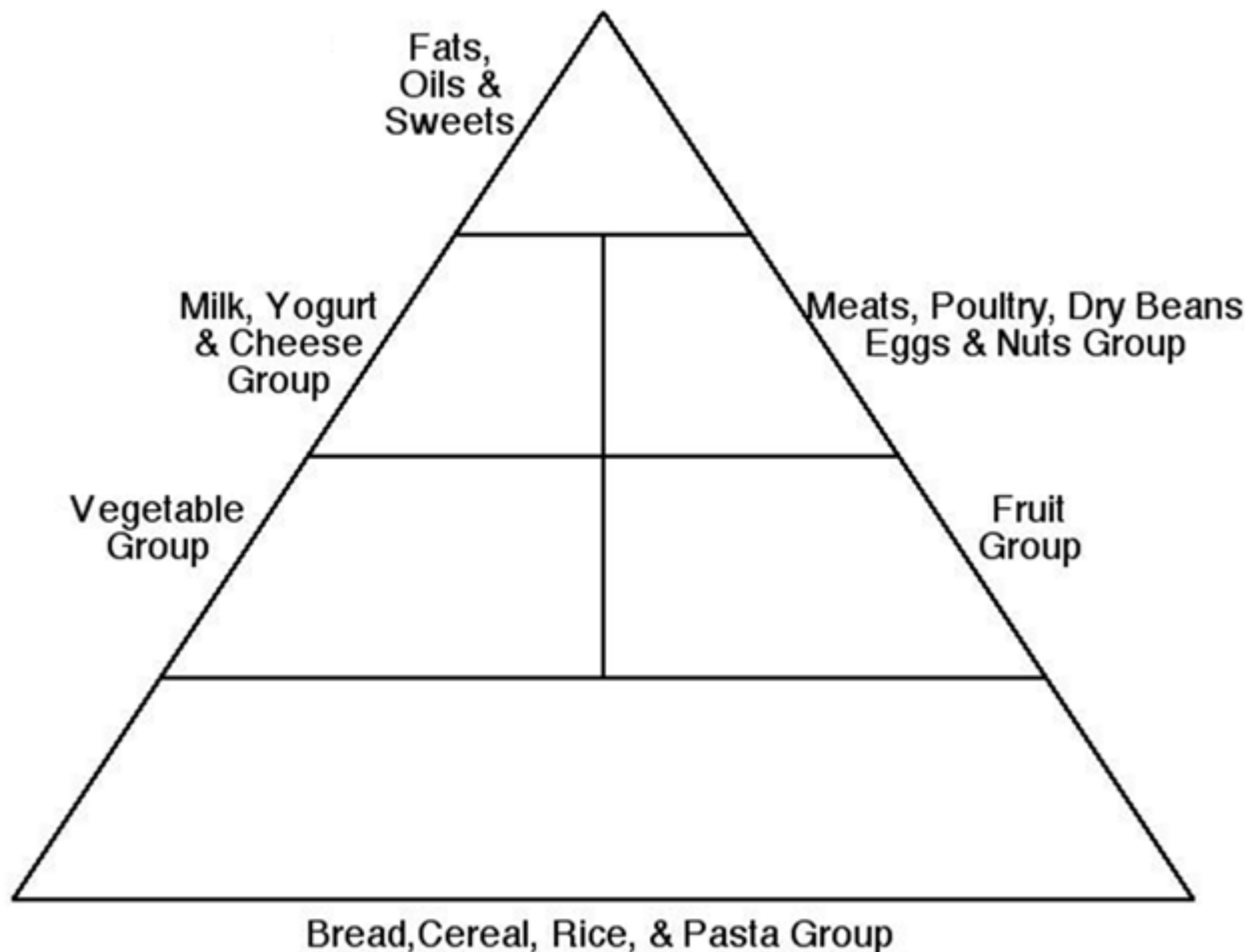
Name _____

Period _____

What Determines Fitness: Dietary Analysis

Meal	What did you eat?
Breakfast	
Lunch	
Dinner	
Snacks	

2. Place everything that you ate yesterday in the appropriate place on the food pyramid:



Name _____

Period _____

3. Use the guidelines below to determine how many **servings** of each food you had. Not every food is listed, so use your best judgment! Next, determine whether or not you are within the recommended daily amount.

Group	1 serving is equal to:
Milk	milk (1 cup), cheese (1 slice), yogurt (1 cup), ice cream (½ cup)
Meat	beef, pork, chicken, fish (3 oz), eggs (1), lunch meat (1 slice), nuts, seeds, beans (¼ cup)
Fruit	apples, bananas, pears (1), strawberries, grapes (½ cup)
Vegetable	broccoli, green beans, potatoes, peas (½ cup), French fries (10), salad (½ cup)
Grains	bread (1 slice), cereal (1 cup), 1 muffin, rice (½ cup), 1 pancake, 1 tortilla, 1 slice of pizza crust
Fats, oils, sweets	chips, salad dressing (1 tbsp), soda (1 can), pie, cake, candy, cookies

How many servings did you have?

What is recommended?

Are you in the range? (yes or no)

Milk: _____

Milk: _____

Milk: _____

Meat: _____

Meat: _____

Meat: _____

Fruit: _____

Fruit: _____

Fruit: _____

Vegetable: _____

Vegetable: _____

Vegetable: _____

Grains: _____

Grains: _____

Grains: _____

Fats/Oils: _____

Fats/Oils: _____

Fats/Oils: _____

Answer the following questions in complete sentences. Attach a separate piece of paper if necessary.

1. Would you consider your diet healthy? Explain.

2. How do you think your diet compares to that of other students in the class?

3. What changes could you make to improve your diet?

4. Why do you think some people don't eat the right number of servings from each food group during the day? Explain at least 3 possible causes of what prevents people from eating healthy.

5. Read the essay and look at the food pyramids from other cultures on pp. 367-368 in your book. Explain how the "standard food pyramid" for the U.S. differs from the Mediterranean, Asian, Latin American, and Vegetarian pyramids for children.